



# Sunrise Sentinel

Jan 3, 2010

## Officers and Directors 2009 – 2010

President	Nathan White
President Elect	Donas Cole
Secretary	Juli Smith
Secretary Emeritus	Mary Lou Lee
Treasurer	Weldon Copeland
Vice President, Fund Raising	Chuck Koehler & Jeff Caserotti
Club Service Director	Eric Holt
Vocational Service Director	Gary Taylor
Community Service Director	Jim Gilmore
International Service Director	Bill Smith
Rotary Foundation Chair	Jim Pearson
Sunrise Sentinel Editorian/Webmaster	Gary Taylor
Sergeant-at-Arms	Lyle Froese

## Past Presidents

2008-09	Pamela Zeigler-Petty
2007-08	Bill Bilyeu
2006-07	Tom Parker
2005-06	K. Lyle Froese
2004-05	Timothy Kocsis
2003-04	Scott Dillashaw
2002-03	Linda Paluga
2001-02	Steven Mitas
2000-01	Jeff Caserotti
1999-00	Larry Offerdahl
1998-99	Chuck Koehler
1997-98	Frank Shushok
1996-97	Pat Beaman
1995-96	Linda Terry
1994-95	Paul Yeager
1993-94	Bob Flinchbaugh

## Rotary District 5810

District Governor	Dave McSpadden, Waxahachie
District Governor Elect	Linda Elliot, Grand Prairie
District Governor Nominee	Bud McBrayer, Plano Sunrise

## Rotary International

President	John Kenny, Grangemouth, Scotland
-----------	-----------------------------------

## Club Meeting Time and Location

07:30 Wednesday Morning  
Eldorado Country Club  
McKinney, TX

## Today's Program

Krista Falvo



Executive Director  
McKinney YMCA

The Four Way Test  
of the things we think say or do....

1. Is It the Truth
2. Is It Fair to All Concerned
3. Will it Build Goodwill and better Friendships
4. Will it be Beneficial to all Concerned



**Rotary Club of McKinney Sunrise, District 5810**  
**Club Number 28762, Chartered May 22, 1992**  
**P.O. Box 2244, McKinney, Texas, 75070**  
[www.mckinneysunriserotary.org](http://www.mckinneysunriserotary.org)



---

## **Kris Falvo – Executive Director McKinney YMCA**

**THE NATION'S 2,686 YMCAs** respond to critical social needs by drawing on our collective strength as of one of the largest not-for-profit community service organizations in the United States.

Today's YMCAs serve **thousands** of U.S. communities, uniting **21 million** children and adults of all ages, races, faiths, backgrounds, abilities and income levels. Our reach and impact can be seen in the millions of lives we touch every year. Across the nation, YMCAs are committed to helping:

- **Children and youth** deepen positive values, their commitment to service and their motivation to learn
- **Families** build stronger bonds, spend time together and become more engaged with their communities
- **Individuals** strengthen their spiritual, mental and physical well-being

### **Embracing Our Commitment to...**

#### **Children and Youth**

- Nearly 10 million children ages 17 and under engage in a wealth of enriching YMCA activities.
- Together, YMCAs are the nation's largest provider of child care, with nearly 10,000 child care sites across the country that provide high-quality, affordable care to more than 500,000 children.

#### **Families**

- YMCAs help families build bonds, connect with community resources and become strong and self-sufficient.
- For more than eight decades, YMCAs have offered Adventure Guides and similar programs that bring parents and children together.

#### **Health and Well-being**

- YMCAs are collectively the nation's largest providers of health and well-being programs.
- YMCAs are working to promote healthy living for millions of Americans through YMCA Activate America®. Learn more about [YMCA Activate America](#).

---

## **The Next RILI Class**

The next RILI Class still has a few registrations available for the January 30-31, 2010, Class #16. All Presidents-Elect for 2010-11 who haven't attended should sign up today. Sign up today by registering online at [www.Rotary5810.org/](http://www.Rotary5810.org/) and look for the "RILI Registration" in the left hand column of the Home Page; or by calling Ginny Ryan, the RILI Registrar, at **214-914-5611**.

---

## Top 5 Reasons to Support the Rotary Foundation

There are as many reasons to support The Rotary Foundation as there are ways to do good in the world.

By contributing to the Foundation, you advance world understanding, goodwill, and peace through the improvement of health, the support of education, and the alleviation of poverty.

Here are a few ways your contributions are making change possible.

### 5. Fighting hunger

In Romania, orphans and sick children have eggs, milk, and meat because of a Health, Hunger and Humanity (3-H) Grant that benefits local farmers. The farmers are able to buy everything from animal feed to packaging materials. There is one stipulation: They must donate a portion of their products to children's hospitals, schools, and orphanages.



By contributing to the Foundation, you advance world understanding, goodwill, and peace through the improvement of health, the support of education, and the alleviation of poverty.

*Rotary Images*

weathered periodic internal fighting before a comprehensive peace accord took effect in 2007. Read more about Oussou.

Rotary Peace Fellows are leaders in promoting national and international cooperation, peace, and conflict resolution. Help support the Rotary Peace Centers.

### 2. Giving the world hope for just US\$2 a week

Foundation Trustee Chair Glenn E. Estess Sr. paraphrases Mother Teresa in explaining what keeps the Foundation going in the face of overwhelming need. "We must do what we can,

In Alaska, USA, the Rotary Club of Anchorage East is also fighting hunger by distributing food to low-income families through a mobile food pantry.

### 4. Reducing child mortality

The Rotary clubs of Jaela-Kandana, Western Province, Sri Lanka, and Madras Northwest, Tamil Nadu, India, are helping to reduce child mortality by providing improved sanitation facilities for 15 families in a small community in Sri Lanka. With a Rotary Foundation Matching Grant, the clubs have built 14 toilets, helping to prevent diarrhea and other diseases related to poor sanitation.

According to the World Health Organization, 1.8 million children die of diarrhea every year, making it the second leading cause of death among children under five. Proper sanitation can reduce the rate of child mortality in many communities by up to a third.

### 3. Promoting peace and conflict resolution

Watching civil war tear apart his homeland of Côte d'Ivoire instilled in Rotary Peace Fellow Kouame Remi Oussou a passion to resolve conflict.

He is now working for the United Nations Development Programme in the Central African Republic, a country that

where we are, with what we have," says Estess. "Through our Foundation, we are able to pool our resources and achieve even more. And the stronger our Rotary Foundation becomes, the greater the scope of the tasks we will be able to undertake successfully. We will be able to do far more good, in far more lasting ways." [Read more.](#)

By giving US\$100 a year through the Every Rotarian, Every Year (EREY) initiative, you become a Rotary Foundation Sustaining Member. Contributions to EREY are the primary source of funding for Foundation programs. [Make a contribution now.](#)

## 1. Eradicating polio

Around the world, Rotarians are taking millions of steps in walkathons, diving into icy ocean waters, and participating in other fundraisers to help Rotary fulfill its promise to rid the world of polio. Si Burgher, of the Rotary Club of Bloomfield, Indiana, USA, raised almost \$1,600 by having his shaggy eyebrows shaved.

- Rotary launched its [PolioPlus program](#) in 1985. Since then, eradicating polio has been the organization's top priority. [End Polio Now](#) and help fulfill its promise.

## Area Meeting Makeup Locations

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<p><b>11:45</b> Farmers Branch Rotary Club, Holiday Inn Select Galleria Area 2645 LBJ Freeway Dallas, Texas</p> <p><b>Noon</b> Richardson Rotary Club Canyon Creek Country Club 625 Lookout Drive</p>	<p><b>7:30 AM</b> Frisco Sunrise Rotary Club Embassy Suites, Gaylord &amp; Parkwood</p> <p><b>Noon</b> Farmersville Rotary Club O.E. Carlisle Civic Center 201 Orange St. @ Hill Street</p> <p><b>Noon</b> Plano West Rotary Club Greek Isle Rest. @ 3309 N. Central Expressway</p>	<p><b>Noon</b> Allen Rotary Club Chase Oaks Golf Club @ 7201 Chase Oaks Blvd</p> <p><b>Noon</b> Plano Metro Rotary Club Glen Eagles Country Club 5401 W. Park Blvd.</p> <p><b>Noon</b> Prestonwood Rotary Club Prestonwood Country Club 15909 Preston Rd., Dallas</p> <p><b>Noon</b> Richardson East Rotary Club Canyon Creek Country Club 625 Lookout Drive.</p>	<p><b>Noon</b> Frisco Rotary Club Dallas Baptist Univ. at Frisco 3211 Internet Blvd.</p> <p><b>Noon</b> Hurricane Creek Rotary Club Hurricane Creek Country Club 1800 Fairway Lane, Anna</p> <p><b>Noon</b> Plano Rotary Club Southfork Hotel 1600 N. Central Expressway</p>	<p><b>7 AM</b> Plano Sunrise Rotary Club Tino's Two Restaurant 2205 Avenue K</p> <p><b>Noon</b> McKinney Rotary Club Ricks Chop House 107 N. Kentucky St.</p> <p><b>Noon</b> Richardson Central Rotary Club Richardson Hotel 701 E. Campbell</p> <p><b>Noon</b> Park Cities Rotary Club Maggiano's Little Italy 205 North Park Center, Dallas</p>
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p><b>Online Makeup</b> <a href="http://www.rotaryclubone.org">www.rotaryclubone.org</a></p> </div>				
<p>Edited 04/01/08</p>				

---

## **Heads Up! Programs and Events**

January 6-----Kris Falvo

January 13-----Ed Miles

January 20-----Michael Simpson

Sponsored by Juli Smith

January 25-----Board Meeting at Market Street Culinary School – 7:00 AM

January 27-----Mark Lowe

February 3-----Bill Smith

February 10-----Steve Mitas

February 17-----Tom Flood

---

## **Today's Thoughts in Honor of ....**

### **National Bird Day – January 5**

Much talking is the cause of danger. Silence is the means of avoiding misfortune. The talkative parrot is shut up in a cage. Other birds, without speech, fly freely about.

- **Saskya Pandita (1182 - 1251)**

### **Peculiar People Day – January 10**

"Accept the things to which fate binds you, and love the people with whom fate brings you together, but do so with all your heart."

- **Marcus Aelius Aurelius (121 – 180)**

---

We went to breakfast at a restaurant where the 'seniors' special' was two eggs, bacon, hash browns and toast for \$2.99.

'Sounds good,' my wife said. 'But I don't want the eggs.'

'Then, I'll have to charge you three dollars and forty-nine cents because you're ordering a la carte,' the waitress warned her.

'You mean I'd have to pay for not taking the eggs?' my wife asked incredulously.

'YES!!' stated the waitress.

'I'll take the special then,' my wife said.

'How do you want your eggs?' the waitress asked.

'Raw and in the shell,' my wife replied. She took the two eggs home and baked a cake.

<b>Member Name</b>	<b>Work</b>	<b>Home</b>	<b>Cell</b>	<b>Classification</b>
Scott Becker	972-548-3613	972-984-1817	817-269-0889	Asst. District Attorney
Bill Bilyeu	972-548-4698	214-686-1329	214-686-1329	Collin Co. Admin
Jeff Caserotti	972-548-1199	972-562-7249	214-850-4841	Auto Insurance
Trevor Castilla	972-569-9193	972-529-6534	469-371-5409	Civil Engineer
Donas Cole	972-548-5482	972-548-6908	903-348-3300	Hospital Admin
Weldon Copeland	972-548-3811	972-562-0838		Judge – Probate
Ronald Danforth	972-562-4112	972-562-9790	469-233-3871	Atty – Crim. Law
Phyllis Davis			972-658-5800	Real Estate Broker
Kris Falvo	972-529-2559	214-548-4928	214733-9558	YMCA Exec Director
Tom Flood	214-232-9508	214-232-9508	214-232-9508	Real Estate Broker
Lyle Froese	972-523-8350	972-569-8843	972-523-8350	Ed Admin
Sandi Froese	903-815-4779	972-569-8843	903-815-4779	Ed Admin
Jim Gilmore	972-562-6950	214-544-1361	972-529-8503	Residential Ins
Eric Holt	972-542-4359	972-800-7552	972-800-7552	Financial Advisor
Stacey Kemp	972-548-4136	972-837-2534	214-356-4808	Cnty Govt. Admin
Tim Kocsis	972-547-6404	972-838-1808	972-670-3850	Comp. Programmer
Chuck Koehler		972-529-1110	214-796-0504	Financial Mgmt
Mark Lowe	972-540-2152	972-377-6688	214-870-5959	Trust Officer
Brian Loughmiller	972-529-5554	972-529-9030	214-924-6900	Atty – Family Law
Ed Miles		972-540-1541	214-673-5284	Psychologist
Steve Mitas	972-547-6404	972-838-1807	972-670-1197	Comp. Software
Zan Moltz	972-516-4359	214-726-0599		Atty – Const Law
Bryan Northington	972-569-0170	972-547-4958	469-569-6814	Auto Collision Mgr.
Tom Parker	972-540-2180	972-540-2180	972-824-8661	Ed. Admin – Pers.
Jim Pearson	972-562-9787	214-533-2787	214-533-2787	Real Estate App.
Juli Smith	972-562-6996	972-562-1866	972-658-9977	Non-Profit
Bill Smith	972-838-1313	972-569-8811	985-774-4048	Financial
Gary Taylor	972-548-5140	972-984-1052	972-984-0661	Groc. Store Mgmt
Linda Terry	972-542-5561	972-548-0091	469-450-4100	Fire & Casualty Ins
Nathan White	972-979-9204	972-562-6445	972-979-9204	Judiciary
Connie Yeager	972-529-1351	972-529-1351	214-693-2510	Health Ins. – Ret.
Paul Yeager	972-529-1351	972-529-1351	214-695-0074	City Council – Ret.
Pamela Zeigler-Petty	972-398-4027	972-540-5383		Bank Mgt – Bus. Banking
<b>Honorary Member</b>				
Mary Lou Lee	972-529-1778	972-529-1778	214-733-2084	Printing – Ret. - Honorary

*Note: Please notify Juli Smith if there is a change in your phone number or e-mail address. Thank you  
Having your number here makes it a public record, please notify Gary if you prefer not to have it listed here.*